



COUNCIL ON AGING BOARD MEETING

Minutes of the Council on Aging Board Meeting held on January 10, 2019

Members Present: William Byron, Ruth Banfield, Ruth Delmonico, Susan Matatia, Susan Pauley

Associate member present: Brian Burke

Absent: Members: Peter Cirioni, Steve Dungan and Associate members, Kathy O'Brien and Kate Hogan

The Director of the COA, Alyson Toole, was present.

Finance Committee Liaison, Paul McLaughlin was also present.

A quorum being present, the meeting began 10:04 A. M.

Liaison Reports

Susan Matatia, liaison to Minuteman Senior Services, mentioned that an audit was being performed, but nothing else to report.

Brian Burke-No new Selectman information, but requested the budget be discussed first on the agenda. It was explained that the meeting would be kept to an hour.

Paul McLaughlin came as a guest. He recently moved to the Regency Development in Stow and encouraged the members of this community to get involved with the COA. He appreciates the work on the budget Alyson prepared in keeping with guidelines set by the town manager. He did not plan to come to discuss the budget further.

Chair's Report-According to the bylaws, Article 3, Section 11, the Council on Aging Board should be comprised of seven voting members. No mention of associate members. We need to recruit more associate members and should publicize the need in the newsletter and through a press release.

Director's Report-

- **Budget**-Pretty straight forward, followed Bill Wrigley's guidelines. Werner accompanied Alyson to the meeting with Bill Wrigley and wanted to address the van maintenance budget but, was unable to do so. This year is a very challenging budget year due to a number of major expenses. A motion was made and seconded to accept the budget as presented. The vote was unanimous.
- **Vans**- With the exception of the new van, the other vans are old and often need repairs. The Recreation Dept. was looking into keeping the 5 passenger van, but it was decided to get rid of it. We suggested sharing the 20 passenger with them, and have the Recreation department take responsibility for it. This has not been finalized yet.
- **Meetinghouse Fire**- On January 9, in the late afternoon, there was a fire in a vacant apartment. Sergeant Sallese called Alyson at home asking for assistance. She called staff, and they all came with vans to keep the evacuated residents warm. Some residents were displaced, but all were placed in the apartments of other residents. There had been no fire drills in the past, and it was clear the residents had to be better prepared in the event of another emergency.
- **Town Social Worker**-Three people have applied. The interviews are being held today.

- **Tax-work-off-** The New Year has begun. One hundred-twenty-five hours of work are required at a rate of \$12 per hour which comes to \$1500 off your taxes.
- **The Buried in Treasure** group want to continue to meet as a support group without a facilitator.
- **Action Item for February's board meeting:** How many people are taking advantage of the COA food program?

Outreach- Martha sent a report which includes Suzanne's information. The report will be attached but some of the highlights are:

- Recognizes the importance of continuing relationship with groups and individuals in the community. Met with Plantation residents and plan to go to Meetinghouse.
- Fuel Assistance-We continue to assist with new certifications and recertifications.
- Working with some seniors with special concerns.
- Met with group of seniors hoping to add an art class.
- A number of trips and activities are planned.

No other business. The meeting adjourned at 11:05 A.M.

Respectfully submitted,
Ruth Delmonico, Secretary



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Report from Martha Shea including information from Suzanne Howley:

- Going into my third month I am continuing to learn and grow in my position as outreach coordinator.
- Assigning staff leads to individuals so the relationships can grow I feel is important, although at this time I am trying to at least meet as many seniors as possible.
- To improve our relationships I am also having both Suzanne and I go in to the community to visit seniors individually and in groups. I recently had a meet & greet at Planation Apartments and I am in the process of making arrangements to do the same at Meeting House, various churches and the library. I attended the evening of Light Tour to mingle with the attending seniors.
- Several seniors have passed away in the last month. We make sure to send a condolence card from the COA staff and set a reminder date to follow up with a senior that may have survived their loved one.
- The January birthdays have been compiled so cake deliveries and friendly visits can occur.
- We have several seniors we are working with very closely due to fuel assistance, family concerns, legal concerns, or physical and mental health issues.
- We continue to work with other agencies, police, protective services, Nashoba Valley Nurses to assist and/or refer seniors or family.
- In January I held a meeting for seniors to discuss adding art programs to our calendar of events. It was attended by approximately fifteen people and more have contacted me since then to express their interest. We had a great discussion covering each individuals skill level and art medium, having an open studio weekly, possibly having a monthly instructor for that group and then having additional classes and/or workshops to incorporate the different mediums.
- The Concord Players Traveling Troupe will be performing today at 1:00 pm
- There are three different trips planned for this month to various restaurants.
- The BIT group and Crime & Punishment are now peer lead, with a staff lead in place.
- Upcoming trips include but are not limited to, a trip to the Framingham History Center and the flower show in Boston.
- We will be starting an Arm Chair travel event at the center in March, and a trip through Collette Travel is in the works for this fall.
- There is also research being done to start a walking group in the early spring and possibly a bereavement peer support group.
- The monthly movie in December was well attended including popcorn and chocolate.

At the end of the day All WAS OKAY!